

## **SZ - Seizure Disorder**

### **SZ-AP          ANATOMY AND PHYSIOLOGY**

**OUTCOME:** The patient/family will understand anatomy and physiology as it relates to seizure disorders.

**STANDARDS:**

1. Explain the normal anatomy and physiology of the brain as it relates to seizure disorders.
2. Discuss the changes to anatomy and physiology as a result of a seizure disorder.
3. Discuss the impact of these changes on the patient's health or well-being.

### **SZ-C          COMPLICATIONS**

**OUTCOME:** The patient/family will understand the potential complications of the patient's seizure disorder.

**STANDARDS:**

1. Explain some of the complications that may occur during a seizure, e.g., anoxia from airway occlusion by the tongue or by vomitus, traumatic injury, potential for automobile accident.
2. Explain that uncontrolled seizures may result in progressive brain injury.

### **SZ-CUL          CULTURAL/SPIRITUAL ASPECTS OF HEALTH**

**OUTCOME:** The patient/family will understand the impact and influences that cultural and spiritual traditions, practices, and beliefs have on health and wellness.

**STANDARDS:**

1. Discuss the potential role of cultural/spiritual traditions, practices and beliefs in achieving and maintaining health and wellness. Refer to clergy services, traditional healers, or other culturally appropriate resources.
2. Explain that traditional medicines/treatments should be reviewed with the healthcare provider to determine if there are positive or detrimental interactions with prescribed treatment. Explain that the medical treatment plan must be followed as prescribed to be effective.

### **SZ-DP          DISEASE PROCESS**

**OUTCOME:** The patient/family will understand the pathophysiology of seizure disorders.

**STANDARDS:**

1. Explain that seizures are usually paroxysmal events associated with abnormal electrical discharges of the neurons of the brain.
2. Explain that at least 50% of seizure disorders are idiopathic. No cause can be found and the patient has no other neurologic abnormalities.
3. Discuss the patient's specific type of seizure disorder if known.
4. Explain that following a seizure it is usual for a patient to have a period of increased sleepiness (postictal phase).

**SZ-FU      FOLLOW-UP**

**OUTCOME:** The patient/family will understand the importance of follow-up in the treatment of seizure disorder.

**STANDARDS:**

1. Discuss the importance of follow-up care.
2. Discuss the procedure for obtaining follow-up appointments and that follow-up appointments should be kept.
3. Emphasize that full participation in the treatment plan is the responsibility of the patient/family.
4. Discuss signs/symptoms that should prompt immediate follow-up.
5. Discuss the availability of community resources and support services and refer as appropriate.

**SZ-L      LITERATURE**

**OUTCOME:** The patient/family will receive literature about seizure disorders.

**STANDARDS:**

1. Provide the patient/family with literature on seizure disorders.
2. Discuss the content of the literature.

**SZ-LA      LIFESTYLE ADAPTATIONS**

**OUTCOME:** The patient/family will understand the impact of a seizure disorder on the patient/family's lifestyle and will make a plan for needed adaptations.

**STANDARDS:**

1. A healthy lifestyle should be encouraged. Encourage adequate sleep, avoid excessive fatigue, discourage use of alcohol and street drugs as these may precipitate seizures, and encourage the patient to learn to control stress, e.g., relaxation techniques. **Refer to CPM-SM.**

2. Emphasize a common sense attitude toward the patient's illness. Emphasis should be placed on independence and preventing invalidism.
3. Discuss the need to avoid photic stimulation such as strobe lights, emergency vehicle lights, light from some ceiling fans or any intermittent repeating light source.
4. Instruct that pregnancy or hormone replacement therapy may lower a person's seizure threshold.
5. Inform the family to keep track of duration, frequency, and quality of seizure. Bring this log to the healthcare provider on follow-up.
6. Refer to community resources and support groups, as appropriate.

## **SZ-M            MEDICATIONS**

**OUTCOME:** The patient/family will understand the purpose, proper use, and expected outcomes of prescribed drug therapy.

### **STANDARDS:**

1. Describe the name, strength, purpose, dosing directions, and storage of the medication.
2. Discuss the risks, benefits, and common or important side effects of the medication and follow up as appropriate.
  - a. Explain the importance of having anticonvulsant blood levels checked at regular intervals even if seizures are under control as applicable.
3. Discuss any significant drug/drug, drug/food, and alcohol interactions, as appropriate.
  - a. Of note there is an interaction between most seizure medications and birth control pills that may make the contraceptive less reliable.
4. Discuss the importance of keeping a list of all current prescriptions and over-the-counter medicines, vitamins, herbs, traditional remedies, and supplements. Encourage the patient to bring this list and pill bottles to appointments for medication reconciliation.

## **SZ-MNT        MEDICAL NUTRITION THERAPY**

**OUTCOME:** The patient/family will understand the specific nutritional intervention(s) needed for treatment or management of seizure disorder.

### **STANDARDS:**

1. Explain that Medical Nutrition Therapy (MNT) is a systematic nutrition care process provided by a Registered Dietitian (RD) that consists of the following:
  - a. Assessment of the nutrition related condition.

- b. Identification of the patient's nutritional problem.
  - c. Identification of a specific nutrition intervention therapy plan.
  - d. Evaluation of the patient's nutritional care outcomes.
  - e. Reassessment as needed.
2. Review the basic nutrition recommendations for the treatment plan.
  3. Discuss the benefits of nutrition and exercise to health and well-being.
  4. Assist the patient/family in developing an appropriate nutrition care plan.
  5. Refer to other providers or community resources as needed.

## **SZ-S SAFETY**

**OUTCOME:** The patient/family will understand the necessary measures to undertake to avoid injury of the patient or others.

### **STANDARDS:**

1. Teach the patient's family how to care for the patient during a seizure, for example:
  - a. Avoid restraining the patient during a seizure.
  - b. Help the patient to a lying position, loosen any tight clothing, and place something flat and soft such as a pillow under the patient's head.
  - c. Clear the area of hard objects.
  - d. Avoid forcing anything into the patient's mouth.
  - e. Avoid using tongue blades or spoons as this may lacerate the patient's mouth, lips or tongue or displace teeth, and may precipitate respiratory distress.
  - f. Turn the patient's head to the side to provide an open airway.
  - g. Reassure the patient after the seizure subsides, orienting the patient to time and place and informing the patient about the seizure.
2. Explain the particular risks of driving and participation in sports or other potentially hazardous activities if the seizure disorder is poorly controlled.
3. Explain to the patient the signs and symptoms of seizure (prodrome) and to take appropriate actions, e.g., get to safe environment, move away from hazardous environment.
4. Encourage the patient to wear a medical alert bracelet.

## **SZ-SM STRESS MANAGEMENT**

**OUTCOME:** The patient will understand the role of stress management in seizure disorders.

**STANDARDS:**

1. Explain that uncontrolled stress is linked with an increased frequency of seizures.
2. Explain that effective stress management may reduce the occurrence of seizures, as well as help improve the patient's health and well-being.
3. Discuss that stress may exacerbate adverse health behaviors such as increased tobacco, alcohol or other substance use, all of which can increase the risk of morbidity and mortality of seizure disorders.
4. Discuss various stress management strategies which may help maintain a healthy lifestyle. Examples may include:
  - a. Becoming aware of your own reactions to stress
  - b. Recognizing and accepting your limits
  - c. Talking with people you trust about your worries or problems
  - d. Setting realistic goals
  - e. Getting enough sleep
  - f. Maintaining a healthy diet
  - g. Exercising regularly
  - h. Taking vacations
  - i. Practicing meditation, self-hypnosis, and positive imagery
  - j. Practicing physical relaxation methods such as deep breathing or progressive muscular relaxation
  - k. Participating in spiritual or cultural activities
5. Provide referrals as appropriate.

**SZ-TE TESTS**

**OUTCOME:** The patient/family will understand the test(s) to be performed, the potential risks, the expected benefits, and the risks of non-testing.

**STANDARDS:**

1. Explain test(s) that have been ordered (explain as appropriate):
  - a. method of testing
  - b. necessity, benefits, and risks of test(s) to be performed
  - c. any potential risk of refusal of recommended test(s)
  - d. any advance preparation and instructions required for the test(s)
  - e. how the results will be used for future medical decision-making
  - f. how to obtain the results of the test

2. Explain test results:
  - a. meaning of the test results
  - b. follow-up tests may be ordered based on the results
  - c. how results will impact or effect the treatment plan
  - d. recommendations based on the test results

## **SZ-TX        TREATMENT**

**OUTCOME:** The patient/family will understand the treatment options that may be used to treat the specific condition or injury.

### **STANDARDS:**

1. Explain that the treatment plan will be made by the patient and medical team after reviewing available options.
2. Discuss the treatment plan, including lifestyle adaptation, pharmacologic, and psychosocial aspects of the treatment plan.
3. Discuss the importance of fully participating in the treatment plan, including scheduled follow-up.